

HEALTHY COOKING

at Niemann Harvest Market!

PUMPKIN GRIDDLE CAKES with cinnamon apples & toasted pecans

120g	Whole Grain Flour	110g	Egg Whites (appx. 3)
120g	Oat Flour	30g	Avocado Oil (or coconut)
4g	Baking Soda	30g	Honey
8g	Baking Powder		
5g	Kosher Salt	2 C	Sliced Apples
2 tsp	Ground Cinnamon	1/4 C	Chopped Dates
1 tsp	Ground Ginger	1/4 C	Water
1/4 tsp	Freshly Ground Nutmeg	2 tsp	Ground Cinnamon
1/4 tsp	Ground Allspice	1/4 tsp	Kosher Salt
		1 C	Pecans
225g	Pumpkin Puree		
250g	Buttermilk		

Serves 2

PREP

Step 1—the apple topping

Dice apples and mince dates, removing pits.

Step 2—the dry batter ingredients

Place all dry ingredients in a bowl, stir to combine.

Step 3—the wet batter ingredients

Place all wet ingredients in a bowl, whisk thoroughly to combine. If desired, whip egg whites separately.

COOK

Step 1—the cinnamon apples

In a small sauce pot on medium heat, add apples, dates, cinnamon, and salt (optional: vanilla extract, maple syrup, or honey). Cook 10-15 min until softened. Add water to loosen the sauce.

Step 2—the pecans

Toast in toaster oven for 3-5 minutes.

Step 3—the griddle cakes

Gently fold together wet & dry ingredients. DO NOT OVER MIX!! SOME LUMPS ARE OK! LET SIT FOR 10-15 MINUTES. Spoon onto a hot griddle or non-stick pan. When edges appear cooked (2-4 min), flip. Cook another 2-3 min until done. Remove and keep warm in a 200F oven until service.

PLATE

Distribute cakes onto plates. Top with apples and toasted pecans. If desired, sprinkle with more cinnamon. Enjoy!



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